

THE GRAPE VINE



HEATHCOTE U3A NEWSLETTER MARCH 2024

PLEASE NOTE: The deadline for articles to be included in the April 2024 edition of the newsletter is **Friday 22nd March**.

In this issue:

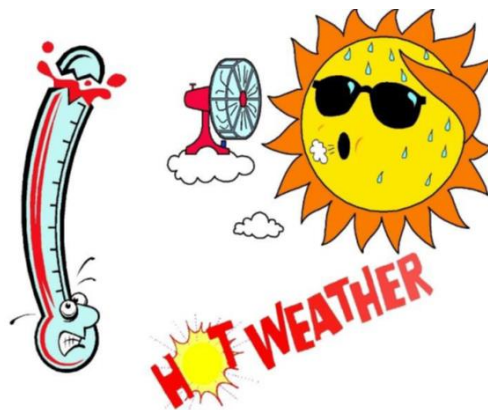
- Heat Policy
- President's report
- A note from the Membership Officer
- Activity reports:
 - Book Club
 - Gardening Group
 - Singing
 - Committee Corner
 - Margaret's Movies
 - Creative Writing
 - Morning Coffee
 - Current Affairs
 - Move It or Lose It
- Birthdays
- Monthly Activity List

HEAT POLICY

With summer and warmer weather, members need to be aware that **ALL U3A Heathcote activities will be CANCELLED on declared days of catastrophic fire danger.**

If the temperature for the day is 35 degrees or more, then activities will not take place.

Access up-to-date fire danger ratings and other emergency information on the Vic Emergency website (<https://www.emergency.vic.gov.au>) and the Vic Emergency app on your mobile device.



From the President



The new year of 2024 for U3A Heathcote has commenced. Why join U3A or rejoin? Statistically you are between 60-85 years of age. You enjoy being active and involved with family. You enjoy attending the varied activities that are on offer and you try to avoid social isolation. Your education levels are diverse and therefore knowledge as well.

All groups have recommenced during the month of February. A reminder to those members who have not renewed, you are strongly encouraged to complete an enrolment form and pay your fee as soon as possible.

The Annual General Meeting was held on 2nd February 2024. As President it was a great pleasure to present certificates to recognise long term membership to the following members – Barbara Clement, Stephanie Bastock, Pat San Miguel, Carol Thomas, Heather Zackweskie, Sally Heley, Cynthia Graham, Margaret McAfee, Bev Sharpe and Judy Knight.



COVID is not going to go away. Up to date vaccinations, wearing of masks if they wish to, sanitizing hands, tables and chairs at venues and observe the social distance requirements.

I thank Barbara, Meron and Christine on a job well done in their respective roles as secretary, newsletter editor and social media page. I also welcome our new Secretary, Sue Beir, to her role, as well as Jan Webster and Sandra Fox who will look after the newsletter and our social media.

Numbers of attendees to our activities vary. I hold the view that any group, be it only two or three people, should be encouraged because the more activities we have the more likely we will be able to attract new members. A reminder to members that you need to ring the convenor of the group if you are attending an activity besides the ones that you usually attend.

There will always be opportunities for members to come and participate in a U3A activity, enjoy meeting new people and still be able to be active and learning in their third age. With this in mind I encourage members to participate in the trading table Coffee Morning on 29 February commencing at 10.30am

With cooler mornings and warm sunshine find a sunny corner, sit and enjoy the moment. - with a cuppa or a good book.

Nancy Miller
President

A Note From the Membership Officer

Hello everyone!

Welcome back for another year of enjoyment and camaraderie in 2024!

If you haven't as yet finalised your membership, please do so as we'd love to have you on board as a financial member, with the benefit of being covered by insurance.

Your convenor can organise a form for you to fill out. Payment details are on the form.

In addition, I'm happy to leave a form for you in my mailbox at:

13A Pohlman St. Heathcote

To return the form, you could:

1. Email the form back to me at [**judykeating35@gmail.com**](mailto:judykeating35@gmail.com)
2. Leave it in my mailbox at **13A Pohlman St, Heathcote**
3. Post it to my address.
4. Give it to another member of the U3A committee – Nancy Miller, Sue Bier or Rod Sales.
5. Hand it to your convenor.

We'd love to have you join us for 2024.

We have so many plans to make this an interesting and varied year!

Warmest regards,

Judy Keating

0414 318 972

Book Club

The 19th wife by David Ebershoff.

Our first book was a challenge of over 500 pages. I was pleasantly surprised that most members had read the entire book.

Faith, I tell them, is a mystery, elusive to many, and never easy to explain.

Sweeping and lyrical, spellbinding and unforgettable, ***The 19th***

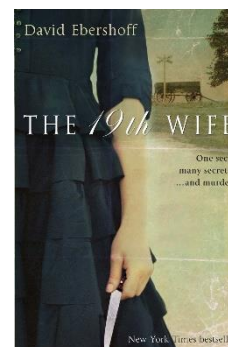
Wife combines epic historical fiction with a modern murder mystery to create a brilliant novel of literary suspense. It is 1875, and Ann Eliza Young has recently separated from her powerful husband, Brigham Young, prophet and leader of the Mormon Church. Expelled and an outcast, Ann Eliza embarks on a crusade to end polygamy in the United States. A rich account of a family's polygamous history is revealed, including how a young woman became a plural wife.

Soon after Ann Eliza's story begins, a second exquisite narrative unfolds—a tale of murder involving a polygamist family in present-day Utah. Jordan Scott, a young man who was thrown out of his fundamentalist sect years earlier, must re-enter the world that cast him aside in order to discover the truth behind his father's death. And as Ann Eliza's narrative intertwines with that of Jordan's search, readers are pulled deeper into the mysteries of love and faith. (Goodbooks)

Our book for Wednesday, March 13, is ***Paths of Glory*** by Jeffery Archer.

BARBARA CLEMENT

Convenor



Committee Corner

This information provides details to members as to what was discussed at the committee meeting held on 19 February.



Committee positions for 2024 Most positions were filled.

AGM Presentation of certificates. Members presented were humbled to be acknowledged. Heat Policy is to be in the newsletter again in March. It was activated for the Singing Group on 12 Feb.

Invitation to local U3A. President has been speaking with Kilmore exercise group convenor. Some of their members will attend to see what we do.

Trading Table for March Coffee Morning Raffle to be conducted, prize is IGA gift voucher. Flyer to be sent to members to encourage participation.

Morning Coffee Morning quarterly for 2024. Dates to be advised through the newsletter.

Heathcote Community Capacity Builders Lunch

RFDS funding for community transport from July has to be self funding. Therefore donors will be required.

Tennis club has Hot Shots programme for children to encourage physical activity participation.

Native Plant Group are having a flower show and plant sale at Barrack Reserve on 6th April.

Library Summer programme soon to finish. Memory Lane session on 23rd Feb with afternoon tea

Bowling Club MND Day very successful Australia Day event will still happen but likely to support another worthy charity.

Heathcote Health need volunteers for Meals on Wheels

Lions Club Likely to finish at the end of this year only have 10 members.

Holy Rosary Primary School All children settling in well. School crossing sites not being staffed as no funding from council.

SES have been super busy during Jan and Feb with floods and storms. CFA have visited local primary school. They have also done training session for gas leaks in Heathcote.

Engine Room Productions will come to Heathcote during 2024 One or two person plays will be on offer. Cost \$10.00

St John's Church of England New minister appointed in November 2023. Alcoholics Anonymous meeting to commence on Tuesday nights. Op shop doing well.

St Vinnies Lots of donations for Christmas which was well appreciated. Financial counselling is provided if required.

Community House. Organic bin service now weekly. Flyer available to advise what goes in what bin. Walking for Beginners has commenced on Fridays at 9.30am little and big loops Morning tea afterwards.

Activities at Heathcote U3A A nighttime activity will be held.

Committee meetings are held monthly on third Monday of each month commencing at 1.30pm at the Guide Hall. You as a member are invited to attend a committee meeting.

Nancy Miller
PRESIDENT

Creative Writing

We're off to a great start of comedy writing.

Each month we give ourselves a topic just in case we've run out of our own ideas. Sometimes someone might pick it up months later and so it has happened on "sorry to hear about".



We've had stories about pious wives who were in fact anything but and friendships that were anything but too! The secret of success seems to be in leading the reader up the garden path, only giving the answer in the final sentence.

Already we're saying "that'll be good for Christmas."

SALLY HELEY

Convenor

Current Affairs

First meeting of the year and there was a wide range of matters to discuss without going outside our national borders.

We had two good news stories. The first was the news that our PM was engaged to marry and that he had taken the trouble to ensure that there was a personal touch to the occasion. The second related to a lady of 100 years of age. She had had a debilitating fall and was restricted in her movement so, as a hobby, took to knitting teddy bears. The bears are then taken by her grandson who is a paramedic and used to calm anxious patients. The first serious subject we talked about was Barnaby Joyce's fall following a cocktail of drugs and alcohol. It is in keeping with his Aussie larrikan persona but does point to the fact that alcohol is very easily obtainable in parliament house which is in fact a workplace. There have been various comments about the fact that photos were taken but no mention of help being offered. The amount of money spent on Taylor Swift merchandise and concerts made non followers wide eyed. One lady was reported to have spent \$1400 on goods. Obviously not everyone is feeling the economic pinch.

The housing crisis is a continuing problem and no one appears to have quick solutions all persuasions use this tax devise. There does appear to be a shift of opinion towards altering the negative gearing taxation benefit which a number of economists consider would be helpful. We wonder how easy any changes would be to implement given that published figures show that 65% of parliamentarians use this tax minimisation device.

We agreed that workers should have the right to disconnect from work once their day's duty is finished and not be penalised for doing so.

We also spoke briefly of the huge salaries of some managers in the private sector and the continuing asylum seeker debate.

All that and we did not have to visit the horrors happening overseas.

MARY THOMAS

Convenor

Gardening Group

Members will meet on Wednesday 28 February at the Guide Hall, where discussion will take place as to what activities members would like to see and do this year.

At the moment gardening does need dedication to ensure that watering is kept up to plants during the hot weather.



Packets of seedlings these days have far too many for just one garden so carrots, radish, spinach, basil will be distributed at the meeting. I like the idea of seeds being on tape so that you are able to sow straight in the ground or in the pot and hopefully have success. Our next activity will be held on 22 March. What will it be??

NANCY MILLER

Convenor

Lunch Group

Sitting on the back porch at Fetching Treasures on a lovely summer's day is always a pleasant experience. Having lunch just heightened the experience.

Two of us opted for the chicken curry and it was just the right amount of heat for both of us. Another had the Thai fish cakes which she cannot resist and the other member had the quiche. Both the fish cakes and quiche came with a vibrant salad.

We discussed where we would dine in 2024 and we will be revisiting some of our favourite places. On Friday, March 16th, we will travel to the Farmers Arms in Junortoun. Carpooling at the Guide Hall for an 11.45am departure. Everyone welcome.

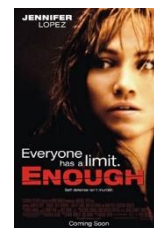
BARBARA CLEMENT

Convenor

Margaret's Movies

Our first movie for 2024 was ***Enough*** starring Jennifer Lopez.

Working class waitress Slim (**Jennifer Lopez**) finds her life transformed when she marries wealthy contractor Mitch (**Bill Campbell**). She settles into an idyllic suburban life and seems to have everything she wants: loving husband, beautiful home, and Gracie, an adorable 5-year-old daughter. Her dream is shattered when she discovers her husband is anything but perfect. His abusive behaviour forces her to go on the run, eluding an increasingly obsessive Mitch and his lethal henchmen. When, despite Slim's efforts to make a new life, Mitch finds her and threatens her again, she puts Gracie in safe keeping, toughens herself mentally and physically and sets out to prove to Mitch she's had Enough.



MARGARET MACAFEE

Convenor

Morning Coffee

There's a change of day for the March morning coffee which will be on Thursday 29th February from 1030am to 11.30am and we will have a Trading Table So bring along the treasures you no longer use or need, such as excess produce fruit/veggies, home-made jams, chutney or pickles, books, etc . You can trade them for other members' contributions. There will be a raffle -for a \$50 IGA Voucher. Tickets are \$2 each or 3 for \$5.

The Committee
Convenor

Move It or Lose It



Members are encouraged to take up the opportunity to come together each week with our instructor Tanya, to learn how to move the body as well as the brain whilst seated in a chair. Tanya's fee is \$4.00 cost to each member.

Members came together at the beginning of February to enjoy a cuppa with some homemade biscuits and catch up with each other as to what activities they did for Christmas/New Year.

If the temperature for the day of our group activity is 35 degrees or more our afternoon session would not occur. We have not had too many hot days through the summer so far but the month of March can still be hot.

We also discussed what other wellness activities we could do through the year. Massage and facials were popular. Watch this space. So why not come and join us each Wednesday afternoon at 3.30pm in the Guide Hall.

NANCY MILLER
Convenor



Singing Group

Singing this year will take place on 2nd and 4th Mondays, optional on 5th. We haven't met this year yet but when we do expect the church roof to be raised with all the energy we've gained.

I've picked out a Christmas carol to learn (we'll look at a few during the year so there'll be no late minute learning) and we're invited to sing lots of songs from the Sound of Music at the hostel in May.

I've found a song suitable for ANZAC Day to sing (if we're invited of course) and I'm wondering if some of the school children would like to sing with us. So that's enough for now. If you're interested in choir you'd be very welcome to come and see if you like us.

SALLY HELEY
Convenor

MARCH BIRTHDAYS



Sue Bier

Merle Brown

Judy Keating

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U3A HEATHCOTE MONTHLY ACTIVITY LIST

March 2024

All activities are at the Guide Hall, unless otherwise stated.

Week	Day	Time	Activity	Convenor	Contact No
1st	Wednesday	11.00am	Creative Writing Local cafe	Sally Heley	0423 920 927
1st	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
2nd	Monday	2.30pm	Singing Group Church of England	Sally Heley	0423 920 927
2nd	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
2nd	Wednesday	2.00pm	Book Group	Barbara Clement	0447 332 783
3rd	Monday	1.30pm	Committee of Management	Nancy Miller President	5433 3486
3rd	Tuesday	1.30pm	Current Affairs	Mary Thomas	5433 2870
3rd	Wednesday	11.00am	Creative Writing	Sally Heley	0423 920 927
3rd	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
3rd	Friday	12 noon	Lunch Group	Barbara Clement	0447 332 783
3rd	Saturday	1.00 pm	Margaret's Movies	Margaret McAfee	0409149710
4th	Monday	2.30pm	Singing Group Church of England	Sally Heley	0423 920 927
4th	Wednesday	10.00 am	Garden Club	Nancy Miller	5433 3486
4th	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486

Please let the convenor know if you are attending any of these activities for the first time.

Editor's note:

If you have a contribution of general interest to other members of U3A Heathcote, and you would like us to include it in the monthly newsletter, feel free to email your item to u3a.heathcote.news@gmail.com.

Thank you.